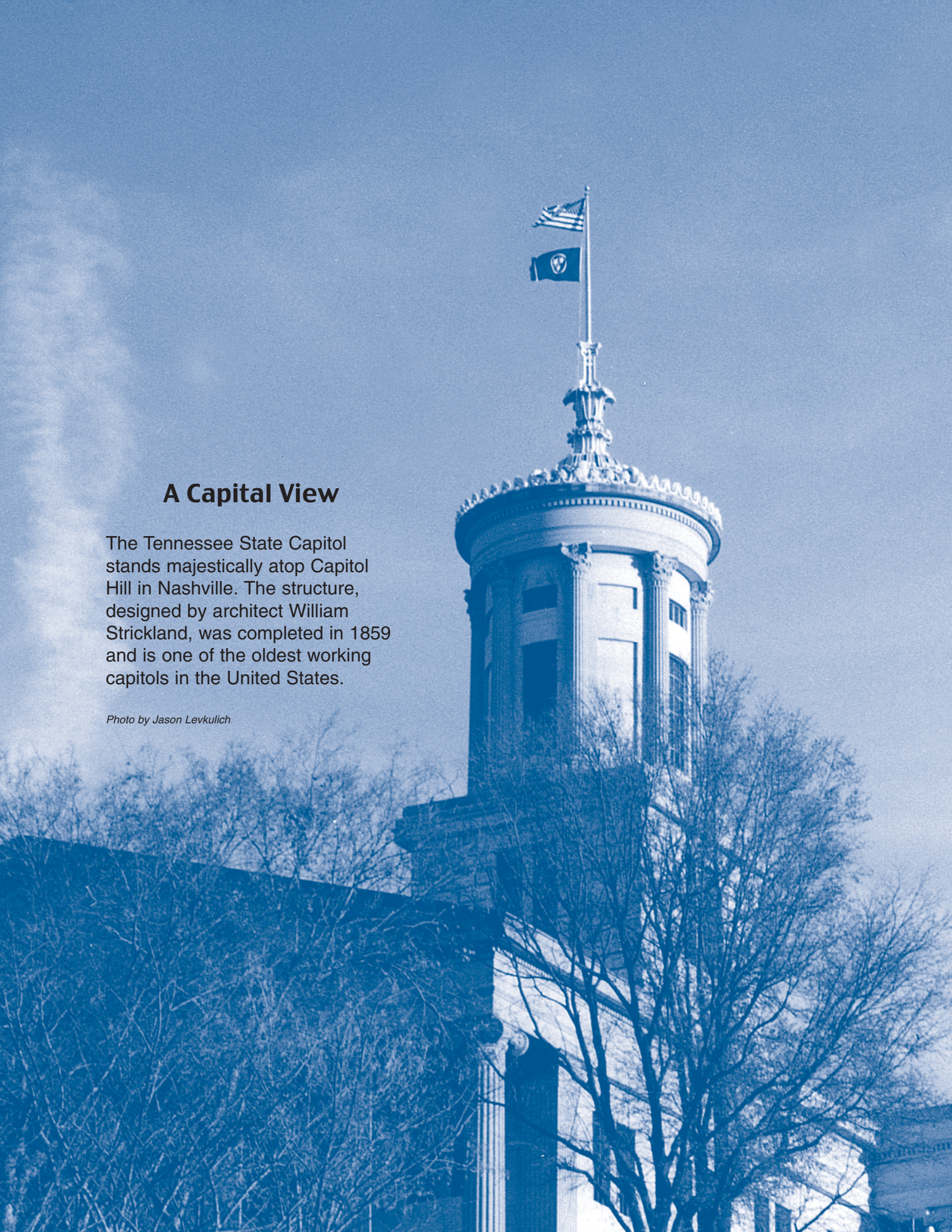
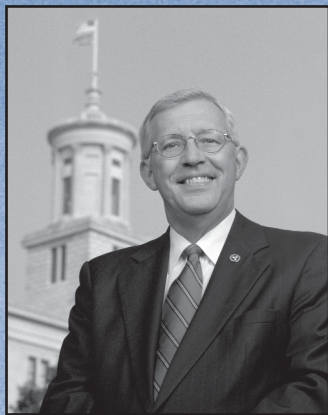


A Capital View

The Tennessee State Capitol stands majestically atop Capitol Hill in Nashville. The structure, designed by architect William Strickland, was completed in 1859 and is one of the oldest working capitols in the United States.

Photo by Jason Levkulich





My Fellow Tennesseans,

Within these pages is a veritable wealth of information pertaining to our state's mental health programs and resources. The health and well-being of every Tennessean is vitally important.

The revisions to Title 33, Tennessee Code Annotated, which governs the provisions of mental health, mental retardation and developmental disabilities services, will enable us to better meet the needs of those we serve. Our efforts, combined with the drive and dedication of advocates, volunteers and others, continue to enrich the lives of countless Tennesseans.

As you read the following pages, I hope you'll be able to understand the continued need for programs and services such as these. I invite you to "walk with us" and become more active, within your community, to help some of Tennessee's most vulnerable citizens.

Respectfully,

A handwritten signature in dark ink that reads "Don Sundquist". The signature is written in a cursive, flowing style.

Don Sundquist
Governor



We are pleased to present the latest edition of "Breakthrough." There have been many changes and challenges in 2001-02. We've had to take a step back and look at ourselves as a country and as individuals. While we are shocked and saddened by the tragedies of the past year, we continue to learn to overcome and to move forward.

The Department of Mental Health and Developmental Disabilities serves many people throughout Tennessee. These people rely upon our ability to procure and establish quality programs and services that better their lives and the lives of their friends and family. As reflected in the articles, you will get an up-close look at some of these programs and services. And, I hope, come away with a greater feel for what we try to accomplish.

I would like to thank each and every volunteer, advocate, employee and official for the help they have provided those we serve. You have touched many lives.

The new year holds many opportunities for success and we look forward to embracing the challenges before us. Thank you for your continued support.

Elisabeth Rukeyser

Elisabeth Rukeyser

Commissioner

Tennessee's Rich History

As part of the 139th anniversary commemoration of the Battle of Stones River, reenactors provided stirring images of the 1862-3 battle in which over 23,000 Confederate and Union soldiers became casualties. Here, a Union encampment is displayed for visitors attending the park's anniversary events.



BREAK THROUGH

TENNESSEE DEPARTMENT OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES
VOL.23, NO.1, JUNE 2002

Contents

Walk With Me 8

Title 33 10

This revision of Title 33 of the Tennessee Code Annotated is centered on individuals and is family focused.

Memphis' "Good Samaritan" Stimulating Young Minds 12

Smart From the Start has saved many children from a life of abuse.

The Nashville Connection: 14

Connecting the dots to a happier, healthier family.

Empowering Families 18

Helping parents or caregivers avoid burnout, the Tennessee Respite Network is here to provide short-term care in much-needed situations.

The Name of the Game is Behaving 20

Focusing on positive reinforcement, RIP has found a way to alter severe behavior problems in pre-school children.

Project B.A.S.I.C.: Helping Rural Students 24

How to reduce the incidence of mental health problems later in life. This program may actually help.

Respite to the Rescue 26

Assisting in establishing respite care for families is a top priority for Project Affirm.

A.I.M.'s Housing Facilitator; Building for Tomorrow Today 28

Solving housing needs is a top priority.

Friends Helping Friends 29

Everyone needs a friend and a place to hang out.

An Oasis Amidst the Rocks

If you've ever seen Rock City, then you have witnessed nature's poetry in this waterfall.

Jason Levkulich



Friendship Works	30
New facility for Knoxville Drop In Center.	
Bridging the Gap Through Education	32
The BRIDGES program; helping consumers over “troubled waters.”	
Untangling the Web of Dual Disorders	34
The Dual Diagnosis Recovery Network promotes the recovery of all persons suffering from dual disorders.	
A.I.M.: The Rebuilding of a Life	38
Helping James and others achieve self-sufficiency.	
Jobs Provide Key to Independence	40
Allen Beech has re-entered his community thanks to Park Center.	
What Does It Take to Love a Child?	42
How Parents Encouraging Parents changes lives.	
When the Mailman Can’t Find You	46
How the DMHDD is helping the homeless.	
When Lost In the Silence of One’s Heart	48
Suicide and what is being done to prevent it in Tennessee.	
Reforming the System	52
Mental health and Tennessee’s criminal justice system.	
When Diversion Is In Order	56
There’s a relaxed and caring order in this court.	
Looking Out From Within	57
How the mental health court turned Gregory Ford’s life around.	
Respect Your Elders...	60
Getting old as Methuselah involves a lot of health concerns.	
Taking the Journey of Hope	61
What happens when good people happen to bad things?	
Together We Achieve	62
Working toward a culturally competent environment.	
Mental Health Institutes In Tennessee	63
We’re here if you need us.	

Tennessee is Truly the “Volunteer State” 64

Volunteers play a large role in the health and well-being of Tennesseans in facilities across the state.

Tomorrow Never Knows

Alzheimer’s Disease: The Unknown Thief 68

A disease that not only robs the lives of those who have it, but burdens caregivers with added stress.

TEMA/FEMA

70

The agencies that are looking out for our safety.

Youth and Post-Traumatic Stress Disorder 72

Catastrophes and other tragic events, such as the September 11, 2001 terrorist attacks on the United States, can affect children for life.

DMHDD Planning and Policy Council and Mental Health Planning and Policy Council

74

These councils play a big role in shaping the mental health outlook in Tennessee.

Mental Illness In America

76

Facts and figures on mental illness. Did you know...

Resource and Crisis Support Contacts 80

Where to call. Who to call. On the web.

Pursuant to the State of Tennessee’s policy of nondiscrimination, the Department of Mental Health and Developmental Disabilities does not discriminate on the basis of race, sex, religion, color, national or ethnic origin, age, disability or military service in its policies, or in the admission or access to, or treatment or employment in, its programs, services or activities.

Contact the department’s EEO/AA Coordinator at (615)532-6580, the Title VI Coordinator at (615)532-6700 or the ADA Coordinator at (615)532-6700 for inquiries, complaints or further information. Persons with a hearing impairment should call (615)532-6612.





BREAKTHROUGH

TENNESSEE DEPARTMENT OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES

Department of Mental Health and
Developmental Disabilities
3rd Floor, Cordell Hull Building
Nashville, TN 37243
(615)532-6500
www.state.tn.us/mental

Elisabeth Rukeyser
Ben Dishman
Melanie Hampton

Commissioner
Deputy Commissioner
Asst. Commissioner
Mental Health Services

Richard Kellogg

Deputy Commissioner
Mental Retardation
Services

Mack Rhea

Director, Division of
Administrative Services

Prepared and distributed by the
Office of Public Information and Education
(615)532-6610 FAX (615)741-4557

Martha Robinson
Patricia Fortner
Jason Levkulich
Linny Parker
Dagny Stuart

Director
MH Specialist, Editor
Managing Editor
Circulation
Contributor

Where Legends Were Made

Captain Thomas Green Ryman stands at the wheel before the auditorium that bears his name. Home of Country Music's Grand Ole Opry till 1974, the Ryman, once again, became a showplace for musical performances after its renovation in 1994.

The sculpture of Captain Ryman was created by Steve Shields for the Ryman's renovation.



**OPRY at the
RYMAN**
Call 871-OPRY
or visit the
Ryman Box Office
Now - February